



Swedish Smörgåsbord

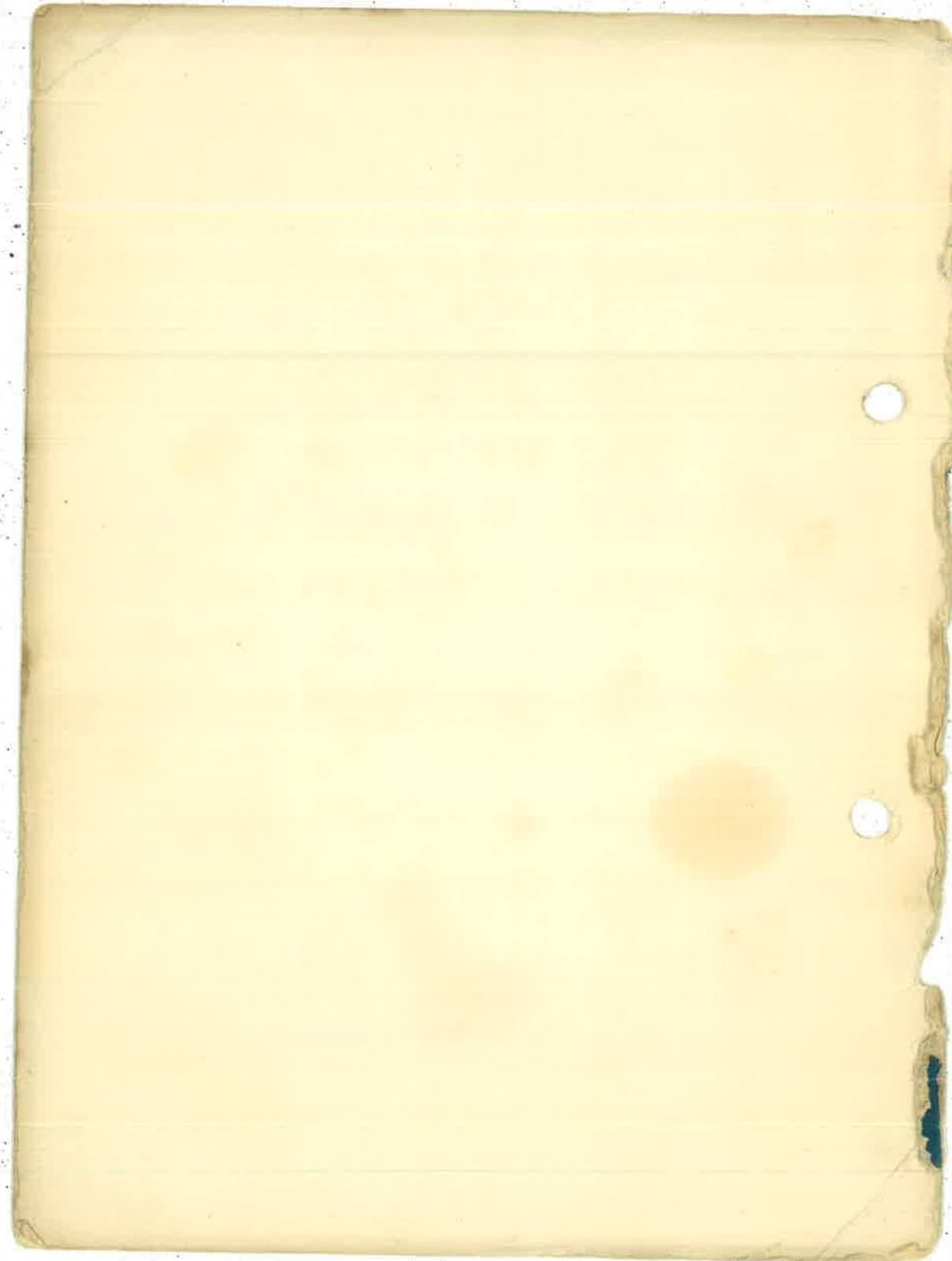


MINNESOTA VARIATION



BY HULDA LUNDQUIST





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All recipes in this book requiring
flour were tested under the super-
vision of Mary Ellis Ames, Director
of Pillsbury's Cooking Service.

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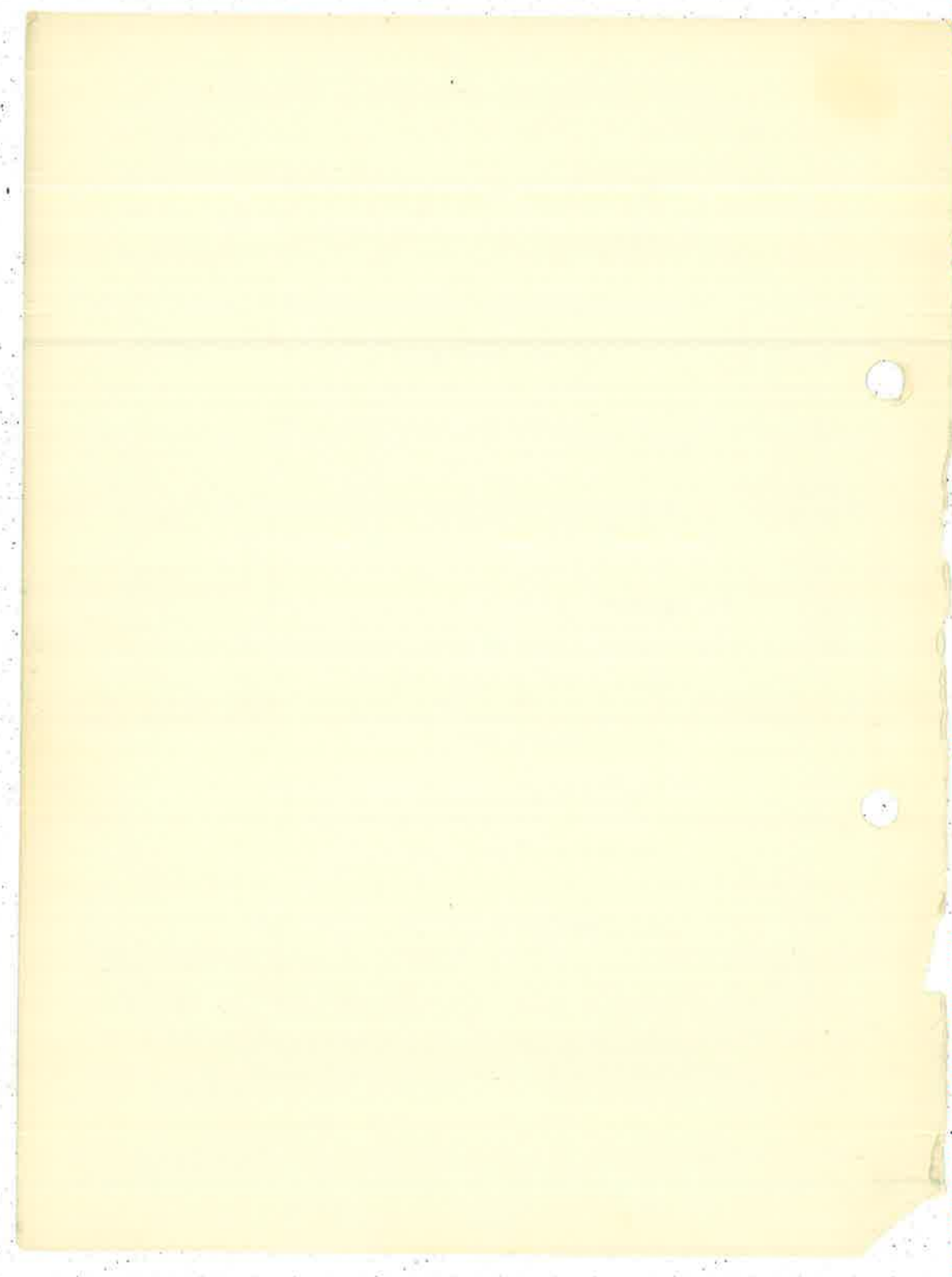
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Swedish Smörgåsbord

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FOREWORD

● The Swedish smörgåsbord of world-wide fame is rooted in centuries of Swedish food traditions. The smörgåsbord is the hors d'oeuvres — literally the "bread and butter table" of appetizers from which guests help themselves to a variety of delicacies — which they leisurely eat while getting acquainted through light conversation before going in to the more formal several-course dinner.

The smörgåsbord is not solely a Swedish tradition, however. It is also popular and traditional in Denmark, Norway, and Finland.

In this country, and especially in Minnesota, where there are so many Scandinavians, the smörgåsbord takes the place of an entire meal. It is a Sunday evening favorite and also is served in many Swedish homes during the Christmas holidays, at which time lutfisk, Julgröt, limpa, and a variety of cookies must always be included. Here the smörgåsbord includes those favorite "home" dishes remembered with affection and craving by natives of Sweden, and enjoyed for their rich flavors and fine textures by families and guests.

Smörgåsbord Has Three Divisions

The smörgåsbord dishes, the number of which varies from twenty to as many as seventy-five served at one time, fall roughly into three groups: the appetizers, the hot or "Småvarmt" dishes, and the desserts. In addition, various kinds of breads, crackers, and rolls, and coffee are included.

Among the appetizers, at least several of the following are to be found: anchovies, sardines, caviar, pickles, olives, jellies and jams, smoked salmon, herring, mackerel, pickled pig's feet, different kinds of head cheese, radishes, cucumbers, several kinds of vegetable and fruit salads, and a variety of cheeses.

The hot dishes include meat balls, brown beans, potatoes au gratin or escalloped, broiled potato sausage, fish pudding, fish balls, and puddings of rice, carrots, and cottage cheese.

Among the desserts are: several kinds of Swedish cookies, such as sandbakels, spritz, pepparkakor and fattigmanskakor; fruit cake; and delicate puddings such as krem, Julgröt, and the well-known Norwegian Christmas dessert, rømme gröt.

Plenty of hot coffee is prepared so that cups can be kept filled during the smörgåsbord. Rich cream and loaf sugar are served with the coffee. A variety of breads, rolls, crackers, and hardtack is served also, particular favorites being rich coffee bread and limpa, the Christmas rye bread flavored with aniseed.

Artistic Appearance of Table

Great care is taken in setting the table to get the most artistic effects, the dishes being arranged with careful attention to color and kind of food.

Whenever possible, it adds greatly to the smörgåsbord to have the table set with appropriate colorful linens, also with gay, vivid pottery. Any dishes or table linens with "peasant" color and character are most suitable. When this is not convenient, an occasional note of color and quaintness, such as is provided by a china or pottery figurine, goes far to give the table a festive air.

The general table arrangement is similar to that of the American buffet. Silver, china, and

napkins should be arranged so that the guests can help themselves before proceeding to the food.

The food itself forms a striking decoration — a high mound of delicately browned meat balls may be set off attractively by placing on one side a large platter of cold baked ham and veal loaf, garnished with alternating slices of sour beets and hard eggs, and on the other side a platter with several varieties of sliced cheese. Farther down the table, a large bowl of steaming brown beans, done to a turn, may be surrounded by plates of anchovies, sardines, and red smoked salmon, and bowls of rich baked cottage cheese and carrot puddings. The salad section of the table always calls forth exclamations of admiration because fruits and vegetables in brilliantly colored jellies make exciting combinations. Light and dark many-shaped cookies lend themselves to appealing arrangement also, especially when combined with thin slices of dark fruit cake, packed with fruits and nuts.

Guests Keep Helping Selves

Customarily, guests first serve themselves the appetizers, which include the fish, cheese, and egg foods. Then they return to the table and help themselves to the hot foods, the breads, and the salads. Following that, they return for the desserts. Of course, coffee cups are constantly refilled.

If fruit soup is being used, it can be served from a side table, if there is not room at the main table. Likewise, the coffee, cakes, and cookies can be served from a separate, small table.

Full enjoyment of the smörgåsbord means that guests return to the table for additional delicacies from time to time, until appetites are abundantly satisfied.

Individual tables should be arranged so that two or more people may sit together and enjoy conversation along with the delights of the smörgåsbord.

Swedish Smörgåsbord

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EXPLANATORY NOTES

- Level measurements are indicated in the following recipes.

For convenience and for greater crispness, a wire basket should be inserted in the pan used for those recipes requiring frying in deep fat.

For your convenience, all ingredients and their measurements run along the left margin, and all instructions for making the foods are indented to the right in proper order.

The author does not claim to have originated these recipes. Many of them have been handed down through generations. On the other hand, slight changes have been made in a great many of the recipes for simplification. A good example of this is the experimentation that resulted in changing the cottage cheese pudding recipe to use prepared cottage cheese. The original recipe called for rennet and many quarts of milk to prepare the curd. This process would make such a delicacy as cottage cheese pudding prohibitively laborious and expensive for city housewives.

Fruktsoppa

(Swedish Fruit Soup) Makes about 4 quarts.

Fruit soup is equally delicious served hot or cold. It is not considered essential to the smörgåsbord but makes a splendid accompaniment to some of the heavier foods included. If it is omitted, a gelatin fruit salad should be substituted. It may be served as a part of any meal but is usually the soup course for dinner. When served for dessert, it may be garnished with whipped cream. As a part of the smörgåsbord, it may be served in cups from a large tureen at the head of the table.

Wash thoroughly and soak overnight in $2\frac{1}{2}$ cups water

- $\frac{1}{2}$ lb. prunes
- $\frac{1}{2}$ lb. raisins
- 1 cup currants
- 1 cup dried apricots or peaches

Let mixture simmer, not boil, until fruit is tender, 30 to 45 minutes.

During simmering period, add

- 1 orange cut in small pieces (pulp and rind)
 - 1 large or 2 small pared, diced apples
 - 3 to 5 rings diced pineapple
 - 1 tablespoon butter
 - $\frac{1}{4}$ cup firmly packed brown sugar
 - 1 tablespoon lemon juice or vinegar
- Add enough water, if needed, to make 4 quarts

If soup is to be served hot, before removing from stove, add

- 2 tablespoons PILLSBURY'S BEST Flour mixed to smooth consistency with $\frac{1}{2}$ cup cold water

If soup is to be served cold, immediately after removing from stove, add

- 1 package lemon-flavored gelatin (or 2 tablespoons plain gelatin soaked in 4 tablespoons cold water)

Then add

- 1 pint grape juice OR
- 2 cups canned blueberries for color and flavor

NOTE: A package of assorted dried fruits may be substituted for the dried fruits listed above.

Sylta

(Swedish Head Cheese) Makes about 20 servings.

When buying meat, be sure to get pork with rind. Ask for another piece of rind about the same size as that on the pork.

Cut rind from pork and scrub both pieces thoroughly.

Place in kettle and cover with cold water

Pork rind

- $\frac{1}{2}$ lb. veal
- 2 lbs. pork shoulder
- 2 tablespoons salt
- 2 bay leaves

Boil slowly for 2 hours.

Drain stock and save.

When meat is cool, chop or shred.

Place a piece of cheesecloth or muslin about $\frac{1}{2}$ yard square in kettle or pan.

Put 1 piece of pork rind on cloth.

Cover rind with layer of chopped meat.

Then sprinkle with seasoning made by mixing

- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{4}$ teaspoon cloves
- 1 teaspoon allspice

Continue to pack layers of meat, alternating with seasoning mixture.

Cover with second piece of pork rind.

Tie cloth firmly around head cheese.

Pour reserved stock over cheese and let come to a full boil.

Remove from heat and drain.

Place a weight of at least 10 lbs. on cheese.

Cool gradually and let remain under weight for about 24 hours.

Make a salt brine by boiling for about 5 minutes

- 1 quart water
- 1 teaspoon salt

Cool salt brine thoroughly.

Remove weight from cheese and place in a bowl.

Cover with cooled brine, place in refrigerator for several days.

Serve thinly sliced.

Köttbullar

(Swedish Meat Balls) Makes 40 meat balls.

These meat balls are a rare delicacy and are always popular. They should be shaped into small balls about 1 inch in diameter.

Grind very fine, putting into meat grinder more than once to be certain meat is thoroughly broken up

- 1½ lbs. raw beef
- ¼ lb. raw pork
- ¼ lb. raw veal

Beat meats together, mixing thoroughly.

Add gradually, while beating

- 1½ cups water (milk may be substituted but does not improve flavor)
- 2 eggs, slightly beaten
- 1 cup dried bread crumbs (1 cup corn flakes or ½ cup cooked rice may be substituted)
- 2 tablespoons finely chopped onion fried in 1 tablespoon butter
- 2 teaspoons salt
- 1 cup tomato catsup (¼ teaspoon each allspice, pepper, and clove OR 2 tablespoons Worcestershire sauce may be substituted)

Beat ingredients into a smooth paste.

Mold into small balls.

Brown in hot, deep fat.

Potatiskorv

(Swedish Potato Sausage) Makes 25 sausages.

Swedish potato sausage may be used as the meat course for luncheon or dinner. It is always expected in the smörgåsbord and is a great favorite. Many people prefer having beef in the larger amount but some like pork better, in which case the proportions indicated below should be reversed.

Grind finely

- 2½ lbs. raw beef
- ½ lb. raw pork
- 6 medium raw potatoes, pared
- 1 large onion

Beat to a smooth paste. Add, while beating

- 1 tablespoon salt
- 1 teaspoon pepper
- 1 teaspoon allspice
- 1 teaspoon ginger
- 1½ cups beef broth (water may be substituted)

Stuff mixture into casings (½ lb. casings may be purchased at meat market).

To stuff casings easily, tie end of casing, then measure about 24 inches, and cut.

Insert tube of angel food cake pan into end of casing and feed mixture into opening in center of pan.

Do not fill casing too tightly because mixture expands when boiled.

Tie other end of casing, making each ring about 18 inches.

Pierce casings in several places to prevent bursting while cooking.

Prepare for serving by cooking rings in slowly boiling water for 30 to 45 minutes.

Cut sausage in pieces 2 to 3 inches long and serve hot.

Kalvadan

(Swedish Veal Loaf) Makes about 25 servings.

Cut into pieces and place in kettle

- 3 lbs. veal from round

Add

- 2 tablespoons salt
- Enough cold water to cover

Boil slowly for 1 hour.

Then add

- 1 large onion cut into pieces
- 2 or 3 peppers cut into pieces
- 1 cup diced celery

Continue boiling until meat is tender (about another hour).

Drain stock and save.

When meat is cold, grind it finely with

- 1 pimiento

Add

- 1½ cups warm stock
- 1 cup soft butter
- ½ teaspoon white pepper
- 2 tablespoons Worcestershire sauce (any other meat sauce may be substituted)

Work ingredients together until thoroughly mixed.

Pack into loaf pan or mold.

Chill in refrigerator overnight.

Unmold, serve cold, thinly sliced.

Lutfisk

Lutfisk is the time-honored fish dish served in virtually every Swedish family as the main dish for Christmas Eve dinner or supper. Boiled potatoes with white sauce are always served with lutfisk when it is the main fish course, and when served in this way, this recipe will serve 10 people. When served as part of the smörgåsbord, it will serve 2 to 3 times that number. A smörgåsbord served during the Christmas holidays should always include lutfisk.

Rinse in cold water

4 lbs. prepared lutfisk

Place in kettle of boiling, salted water and boil for 20 to 30 minutes or until soft.

Drain in colander; remove fins, bones, and skin, and separate into pieces.

Sprinkle with 10 to 12 whole cloves that have been rolled fine.

Serve hot, with both white sauce and melted butter, giving the guests their choice.

Swedish Salmon (Lax) Loaf

Serves about ten.

TEMPERATURE: 350° F.

TIME: about 1 hour

Drain (save oil for sauce), bone, and flake

2 cups (No. 2 can) salmon

Combine and add to salmon mixture

2 eggs, well beaten

4 tablespoons butter, melted

½ cup fine bread crumbs (corn flakes may be substituted)

½ teaspoon salt

1 teaspoon Worcestershire sauce (catsup or any other meat sauce may be substituted)

Fold into salmon mixture

4 egg whites, stiffly beaten

Turn into greased pan and bake in moderate oven until done.

Serve hot or cold.

NOTE: If served hot, top with the following:

Salmon Sauce

Combine in top part of double boiler

2 tablespoons PILLSBURY'S BEST Flour

2 tablespoons butter

Add gradually

1½ cups milk

¼ cup salmon juice

½ teaspoon brown sugar

½ teaspoon salt

½ teaspoon pepper

¼ teaspoon onion salt

¼ teaspoon celery salt

Place over boiling water. Cook, stirring constantly until thickened. Add small amount to

1 egg yolk, slightly beaten

Mix well and return to double boiler. Cook about 1 minute longer.

Add

about 8 to 10 chopped stuffed olives

Serve hot on Swedish Salmon Loaf.

Swedish Salmon (Lax) Mold

Serves about ten.

Combine

1 tablespoon gelatin

1 tablespoon cold water

Add and stir until dissolved

½ cup boiling water

When cold and syrupy, add

2 cups (No. 2 can) salmon, drained, boned, and flaked

1 cup mayonnaise

½ cup diced celery

Mix well and turn into mold. Chill until firm.

Unmold on crisp salad greens, slice, and serve.

Fish Pudding

Makes about 8 to 10 servings.

TEMPERATURE: 350° F.

TIME: about 40 to 50 minutes

Wash thoroughly

1 cup rice

Place in kettle and add

2 quarts milk

Boil slowly for 40 minutes.

Remove from heat, and add gradually while stirring

3 eggs, well beaten

3 tablespoons sugar

3 tablespoons butter

1 teaspoon salt

1/2 teaspoon cardamom

2 cups flaked, cooked fish (pike, pickerel, salmon, or other fish may be used)

Pour into buttered baking dish.

Bake in moderate oven 40 to 50 minutes, until set.

Serve hot.

Fish Mousse

Makes about 8 to 10 servings.

TEMPERATURE: 350° F.

TIME: about 40 to 50 minutes

Clean, scrape, split open, and bone

2 medium-sized white fish (pike, pickerel, or other fish may be used)

Put in wooden bowl and pound very fine or run through meat grinder several times, until meat is like pulp.

Add gradually while beating

3 eggs, well beaten

1 cup heavy or whipping cream

1 cup light cream

1 teaspoon salt

1/2 teaspoon cayenne pepper

1/2 teaspoon nutmeg

Pour into buttered mold.

Place mold in pan or dish of hot water.

Bake in moderate oven 40 to 50 minutes, until set.

Serve hot with the following:

Fish Sauce

Blend thoroughly in top part of double boiler

1 tablespoon PILLSBURY'S BEST Flour

1 tablespoon butter

Add gradually, stirring constantly

2 egg yolks, beaten

2 cups hot water

Juice of 1 lemon

Cook until slightly thickened, stirring constantly.

Serve on Fish Mousse.

Fish Balls

Makes about 8 servings.

Clean, remove skin and bones from

2 1/2 pounds pickerel, pike, or other fresh fish

Add

4 medium-sized boiled potatoes

1 tablespoon butter

Run fish, potatoes, and butter through meat grinder several times, making pulp-like mixture.

Then add, while beating

1 small onion, grated

1 teaspoon salt

1 teaspoon nutmeg

1 quart milk

Form into small balls.

Boil for about 10 minutes in fish broth.

Serve hot.

Fish Broth

Boil together for about 20 minutes

The fish head and bones

1 quart water

1 teaspoon salt

Strain, return to kettle, heat to boiling, and use for boiling Fish Balls.

Bruna Bönor

(Swedish Brown Beans) Serves about 20.

No smörgåsbord is complete without a generous bowl of Swedish brown beans. If imported brown beans cannot be secured, dried kidney beans make an acceptable and pleasing substitute.

Place in kettle, bring to boil, and let simmer until soft, about 3 hours, adding more water if necessary

2 cups or 1 lb. beans, thoroughly washed
7 cups cold water

Combine in saucepan

1 tablespoon melted butter
1 tablespoon PILLSBURY'S BEST Flour
4 tablespoons light corn syrup
 $\frac{1}{4}$ cup water
1 tablespoon lemon juice (mild vinegar may be substituted)
1 teaspoon salt

Boil, stirring constantly, until slightly thickened.

Stir into beans; heat thoroughly; serve hot.

Julgröt

(Swedish Christmas Pudding) Serves about 10.

This is the traditional rice pudding dessert used during the Christmas holidays and for the smörgåsbord served during the holiday season.

Place in kettle

1 cup rice, thoroughly washed
1 teaspoon salt

Add gradually

1 quart boiling water

Bring to a boil and boil slowly for about 1 hour or until water has been completely absorbed.

Remove from heat and add

1 tablespoon butter
3 tablespoons sugar

Fold in

1 pint cream, stiffly beaten

Serve as dessert, either warm or cold.

Ostkaka

(Swedish Cheese Cake) Makes about 10 to 12 servings.

Cheese cake or pudding is rich and tasty. When served as part of the smörgåsbord, it is placed on the table in the dish in which it was baked. It may be used as a side dish served with vegetables for luncheon or dinner, in which case less sugar is used. It is most frequently served for dessert.

TEMPERATURE: 400° F.

TIME: about 1 hour

Combine

4 eggs, well beaten
3 cups ready creamed cottage cheese
1 cup sugar ($\frac{1}{2}$ cup if used as vegetable)

Fold into cheese mixture

$\frac{3}{4}$ cup sifted PILLSBURY'S BEST Flour

Add

$\frac{1}{2}$ teaspoon almond extract

Pour into greased baking dish. Place in pan of hot water.

Bake in hot oven until delicately browned.

Serve plain as a vegetable or as a dessert with the following:

Cheese Cake Sauce

Mix together in top part of a double boiler

1 tablespoon PILLSBURY'S BEST Flour
1 tablespoon butter

Add and mix well

3 egg yolks, beaten
2 tablespoons sugar

Add gradually

2 cups top milk

Place over boiling water and cook, stirring constantly until mixture thickens.

Remove from over boiling water and add

$\frac{1}{2}$ teaspoon almond extract

Mix well, and cool. Serve on cheese pudding.

Risgrynskaka

(Swedish Rice Pudding) Serves about 10.

Rice is a favorite food in Swedish homes. It may be used as a vegetable substitute for potatoes, or as a dessert—served with cream.

TEMPERATURE: 350° F.

TIME: about 30 to 45 minutes

Place in kettle

- 1 cup rice, thoroughly washed
- 2 cups water

Let boil slowly until water has been absorbed.

Then add and let simmer until absorbed

- 3 cups milk

Beat thoroughly

- 4 eggs

Add gradually, while beating

- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{2}$ teaspoon salt

Stir into rice mixture (see note below).

Turn into baking dish and bake in moderate oven until nicely browned on top.

Rice may be served hot or cold as a vegetable or as a dessert.

NOTE: 1 cup raisins may be added if desired.

Brown Baked Beans

Serves about 30.

If the smörgåsbord is being served in cold weather, baked beans may be a part of it. Any type may be used if the imported brown beans are not available. Baked beans are sometimes more convenient to prepare because they can be tucked in the oven when it is being used for other baking.

TEMPERATURE: 350° F.

TIME: about 3 to 4 hours

Place in kettle, cover with cold water, and boil

- 4 cups or 2 lbs. beans
- 1 tablespoon salt
- 1 tablespoon baking soda

Drain and cover with water a second time.

Boil until beans are tender.

Drain and save water.

Place beans in baking dish or pot and add

- 1 lb. salt pork from which rind has been removed
- 1 cup dark molasses
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 cup mild vinegar
- 1 teaspoon dry mustard
- 1 tablespoon Worcestershire sauce ($\frac{1}{4}$ teaspoon each of cloves, allspice, and pepper may be substituted)
- Water reserved from second boiling

Place over top

- 1 medium onion, thinly sliced

Bake in moderate oven until most of the syrup has been absorbed by the beans. If needed, more water may be added during the baking.

Morot Kaka

(Swedish Carrot Pudding) Serves about 8 to 10.

Carrot pudding is particularly suitable to serve with meat balls or with any meat course, forming a completely balanced meal. It lends richness and color to the smörgåsbord.

TEMPERATURE: 350° F.

TIME: about 60 minutes

Sift together twice

- 1 cup sifted PILLSBURY'S BEST Flour
- 2 teaspoons salt
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon nutmeg

Add dry ingredients alternately to

- 2 eggs, well beaten
- with
- $\frac{1}{2}$ cup butter, melted
- 2 cups top milk

Add and mix well

- 4 cups grated carrots

Turn into greased baking dish. Bake in moderate oven until done. Serve hot.

Römmе Gröt

(Norwegian Cream Pudding) Makes about 5 cups pudding.

This cream pudding is a delicate, smooth dessert, very popular in all Scandinavian homes. It should be served lukewarm and is always part of the Christmas smörgåsbord.

Combine in top part of double boiler, place over rapidly boiling water, and cook for about 1 hour, stirring frequently

1 pint whipping cream, slightly sour
1/2 cup water

Make a paste of

2/3 cup PILLSBURY'S BEST Flour
1/2 teaspoon salt
1/2 cup water

Add a little hot cream to paste, mix well; return to double boiler.

Cook until mixture is thick and butter fat comes to the top. Remove fat and save.

Add

2 cups milk, scalded

Beat until mixture is completely blended and creamy.

Remove from heat and pour into a bowl. Cool to lukewarm.

Pour butter fat in center, sprinkle with cinnamon and sugar, and serve.

Krem

(Swedish Grape Pudding) Makes about 1 pint pudding.

This grape pudding is a favorite dessert after a meal of rather heavy food, as it is light and tasty, yet satisfying. It may be served with or without whipped cream. Cookies are usually served with it, but may be omitted. It may be included in the smörgåsbord.

Combine in saucepan and mix to a smooth paste

2 tablespoons corn starch OR
4 tablespoons PILLSBURY'S BEST
Flour
2 tablespoons sugar
3 tablespoons water

Add gradually, stirring thoroughly

2 cups hot grape juice

Place over low flame and cook, stirring constantly until mixture is clear and thick.

Serve cold with or without whipped cream.

Krumble Kaka

(Swedish Crumb Cake Dessert) Serves 8.

This crumb cake makes a delicious dessert and, when served with whipped cream, tops a heavy meal delightfully. It may be part of the smörgåsbord, placed on the table with the cookies and cake.

TEMPERATURE: 350° F.

TIME: about 35 to 40 minutes

Gradually beat

1 cup sugar
into
3 eggs, well beaten

Fold in

1 cup soft bread crumbs
1 cup chopped dates (sprinkled lightly
with flour)
1 cup chopped walnut meats or blanched
almonds

Spread about 1/2-inch thick in greased pan.

Bake in moderate oven until done.

Break into pieces and place in dessert dishes.

Top with

1 cup cream, whipped

Combined with

2 tablespoons powdered sugar
1/4 teaspoon vanilla
1/4 teaspoon almond extract

Sillsalad

(Swedish Herring Salad) Serves about 20.

The Swedish cream dressing given with this recipe is the one preferred by most Swedish people, although any other may be substituted. Sometimes the herring is omitted but then it isn't true Sillsalad and has lost its relish for natives of Sweden.

Combine

- 8 boiled potatoes, cubed
- 4 boiled beets, cubed
- 1 lb. boiled beef, cut in small pieces
- 2 large dill or sour pickles, finely diced
- 3 large pared and cored apples, finely diced
- 3 salted herrings which have been soaked in cold water for 24 hours, skinned, and boned

After salad is thoroughly mixed with dressing (recipe given below), place in a large bowl lined with lettuce leaves and garnish with sliced sour beets and sprigs of parsley.

Cream Dressing

Mix together thoroughly

- 1 cup heavy cream, whipped
- 2 tablespoons vinegar
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Vegetable Salad—1

Such a salad lends variety and color to the smörgåsbord, especially when many vegetables are in season. In addition, it is easy to prepare.

Cook, cool, and cut into pieces

Beets

Carrots

Green string beans

Combine with favorite salad dressing.

Arrange on platter in separate rows.

Garnish with sliced hard-cooked eggs and sprigs of parsley.

Vegetable Salad—2

If the smörgåsbord is served when cabbage is young and tender, the following salad is a tasty and colorful addition.

Combine and mix thoroughly with favorite salad dressing

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 cups shredded raw carrots
- 1 cup raisins
- $\frac{1}{2}$ cup chopped, blanched almonds

Serve in bowl lined with lettuce leaves.

Vegetable Salad Mold

Serves 8 to 10.

If a gelatin salad is planned, a lime-flavored gelatin makes a good base for the vegetables. Plain gelatin may be substituted if preferred, using vegetable coloring to attain the desired effect.

Stir until thoroughly dissolved

- 1 package lime-flavored gelatin
- 2 cups hot water

Cool until mixture begins to thicken.

Add

- 2 cups diced mixed vegetables

Mix thoroughly and turn into mold. Chill until firm.

Unmold on crisp salad greens and garnish with favorite salad dressing.

Vegetable combination suggestions for salad:

1. Raw grated carrot, diced celery, shredded cabbage, cooked peas, and cooked diced beets.
2. A can of assorted vegetables for salad from which liquid has been drained.
3. Raw grated carrot, diced cooked pineapple, and chopped, stuffed olives.

NOTE: 2 tablespoons gelatin and $\frac{1}{4}$ cup sugar may be substituted for flavored gelatin if desired.

Färserade Ägg

(Swedish Stuffed or Deviled Eggs)

Place in pan and cover with cold water

As many eggs as desired

Boil for 10 minutes.

Cool by running cold water over hard cooked eggs.

Remove shells and cut eggs lengthwise into halves.

Remove yolks and mash, then moisten with

Favorite salad dressing or soft butter

For each $\frac{1}{2}$ dozen eggs, use for seasoning

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Mix to smooth paste.

Refill eggs with yolk mixture using pastry tube.

Serve on platter garnished with lettuce or parsley.

Each half egg may be placed on a slice of tomato if used for salad.

The yolk filling for hard eggs may be varied as desired. Some suggestions follow:

1. Add to yolk mixture stuffed olives, finely ground.
2. Add to yolk mixture anchovies or sardines, finely ground.
3. Add to yolk mixture for each $\frac{1}{2}$ dozen eggs, 1 teaspoon Worcestershire sauce.

Fruit Salad Mold

Serves 8 to 10.

Since one of the interesting characteristics of the smörgåsbord is its colorful appearance, a lime, strawberry, or raspberry gelatin fruit salad adds greatly to the attractiveness of the table.

Stir until thoroughly dissolved

1 package of flavored gelatin (use flavor preferred)

2 cups hot water

Chill until slightly thickened.

Add

2 cups diced fruit (preferably 3 or 4 different kinds)

Mix thoroughly and turn into mold. Chill until firm.

Unmold on crisp salad greens and serve with favorite salad dressing.

Fruit combination suggestions for salad:

1. Diced oranges, bananas, canned pineapple, peaches, pears, and maraschino cherries.
2. 1 can assorted fruit for fruit cocktail or salad from which juice has been drained, diced celery, and stuffed olives in small pieces.
3. Assorted dried fruits which have been soaked, cooked, and cut into small pieces — apricots predominating.

NOTE: 2 tablespoons gelatin and $\frac{1}{4}$ cup sugar may be substituted for flavored gelatin if desired.

Fruit Salad Dressing

Combine in saucepan

1 tablespoon PILLSBURY'S BEST Flour

$\frac{1}{4}$ cup butter

Add gradually

1 $\frac{1}{4}$ cups pineapple juice

Place over direct heat, stirring constantly.

Add

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon paprika

When mixture comes to a boil, remove from heat.

Add small amount to

3 eggs, well beaten

Return to hot mixture and stir vigorously.

Place over heat and continue cooking until thick.

Cool. When ready to use, thin with whipped cream.

White Sauce

Makes about 1½ cups.

This is a favorite sauce for blending with cooked vegetables, including potatoes, and meats.

Combine in top of double boiler

2 tablespoons **PILLSBURY'S BEST** Flour
2 tablespoons butter

Add gradually, stirring constantly
1½ cups milk

Place over boiling water.

Cook, stirring constantly. When thickened add combined

½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon pepper
¼ teaspoon each onion and celery salt
1 tablespoon brown sugar
1 tablespoon cider vinegar

Cream Salad Dressing

Combine in top part of double boiler

2 teaspoons **PILLSBURY'S BEST** Flour
1 teaspoon dry mustard
2 teaspoons powdered sugar
1 teaspoon salt

Add and mix well

1 teaspoon butter
1 egg yolk
2 tablespoons cider vinegar

Place over boiling water, cooking until thick and smooth. Be careful not to overcook as dressing will curdle.

Remove from over boiling water as soon as cooked.

When thoroughly cold, fold in

½ cup cream, whipped

Cheese Sauce

Makes about 1 pint.

Combine in top part of double boiler and mix well

3 tablespoons **PILLSBURY'S BEST** Flour
3 tablespoons butter

Add gradually, stirring constantly
1½ cups milk

Add

1 cup grated mild cheese
½ teaspoon salt
¼ teaspoon pepper

Cook, stirring constantly until thickened.

Salad Dressing

Combine in top part of double boiler

1 tablespoon sugar
2 tablespoons butter, melted
3 tablespoons vinegar
1 teaspoon salt
½ teaspoon dry mustard

Add and mix well

2 eggs, well beaten

Cook, stirring constantly, until thickened.

When ready to use, thin with fruit juice or cream.

Mayonnaise Dressing

Makes about one pint.

Beat until frothy and very light in color

2 egg yolks

Then continue to beat while adding drop by drop

2 cups olive oil

Continue beating until mixture is almost as thick as butter.

Then gradually add, still beating

1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon paprika
3 tablespoons lemon juice

Sour or Pickled Beets

Wash and cook whole in boiling, salted water until soft

As many beets as desired

Drain and cover with cold water for about a minute.

Remove skins and cool.

Slice thinly and cover with

Vinegar sweetened with

$\frac{1}{2}$ teaspoon sugar to each cup of vinegar used

Let stand overnight or longer before serving.

NOTE: A syrup for pickling beets made with

1 cup juice drained from canned fruit and
1 tablespoon vinegar makes a tasty substitute for the vinegar and sugar as above

Nötte Bröd

(Swedish Nut Bread) Makes 2 loaves.

TEMPERATURE: 350° F.

TIME: about 50 to 55 minutes

Sift together twice

4 cups sifted PILLSBURY'S BEST Flour

4 teaspoons *Double Acting* baking powder OR
6 teaspoons *Single Acting* baking powder

$\frac{1}{2}$ teaspoon salt

1 cup sugar

Add and mix well

1 cup finely chopped, blanched almonds

Add to dry ingredients, mixing only until all flour is dampened

2 eggs, well beaten

2 cups milk

$\frac{1}{3}$ cup butter, melted

Turn into well-greased, lined 8x4x3-inch loaf pans.

Bake in moderate oven until done. Do not store until cold. This bread slices better on the second day.

Kaffe Bröd

(Swedish Coffee Bread) Makes 2 large loaves.

No smörgåsbord is complete without coffee bread, light in texture, and luscious with raisins, citron, and nut meats. This bread is kept on hand at all times in many Swedish households to be served as a breakfast delicacy, a luncheon bread, or a delicious accompaniment to afternoon coffee.

TEMPERATURE: 400° F. for about 15 minutes
then 350° F. for about 20 to 25 minutes

Combine, stir until sugar is dissolved, and cool to lukewarm

2 cups scalded milk

1 cup sugar

$\frac{1}{2}$ cup butter

$1\frac{1}{2}$ teaspoons salt

Dissolve and add to cooled milk mixture

1 cake compressed yeast

$\frac{1}{2}$ cup lukewarm water

Add and blend thoroughly

2 eggs, well beaten

Sift together

$8\frac{1}{2}$ cups sifted PILLSBURY'S BEST Flour

1 teaspoon cinnamon

Save out $\frac{1}{2}$ cup to flour fruits.

Add remaining flour to yeast mixture.

Blend thoroughly to make a soft dough.

Combine reserved flour with

1 cup raisins

$\frac{1}{2}$ cup chopped citron

1 cup chopped blanched almonds

Add to yeast dough and mix thoroughly.

Cover and set aside in a warm place (80° to 85° F.) until mixture is doubled in bulk, about 2 hours.

Punch down dough and let rise again until half its original size, about 45 to 60 minutes.

Shape dough into round loaves. Cover and allow to rise until light, about $1\frac{1}{2}$ hours.

Bake in hot oven for about 15 minutes, then reduce heat to moderate and finish baking. Do not store until cold.

NOTE: If preferred, bread may be shaped into braids. To do this, cut dough into 6 strips of equal size. Braid 3 strips together. Make 2 loaves.

Limpa

(Swedish Christmas Rye Bread) Makes 4 loaves.

This is the rye bread baked by Swedish families to serve during the Christmas holiday season. It is a bread delicacy of pungent flavor that improves with age. It should be baked several days before the smörgåsbord.

TEMPERATURE: 300° F.

TIME: about 1 hour

Mix together in a 3- or 4-quart saucepan

- 1 cup molasses
- 2½ cups water
- 2⅓ cup firmly packed brown sugar
- 1 tablespoon aniseed or caraway seed
- 2 teaspoons salt
- 2 tablespoons grated orange or lemon rind

Place over direct heat, boiling for about 5 minutes. Cool to lukewarm.

Then add

- 1 cake compressed yeast dissolved in ½ cup warm water

Then beat into mixture gradually

- 4 cups sifted PILLSBURY'S BOHEMIAN STYLE RYE AND WHEAT Flour

Continue beating until smooth.

Let rise in a warm place (70° to 75° F.) overnight.

Then add and blend thoroughly

- 7 cups sifted PILLSBURY'S BEST Flour

Cover and let rise in warm place (80° to 85° F.) until double in bulk, about 2 hours.

Place dough on lightly floured board and punch out gas.

Shape into loaves. Place in greased 8x4x3-inch loaf pans.

Cover and allow to rise until light, about 2 hours.

Bake in a slow oven. Do not store until cold.

NOTE 1. To make this bread the true Swedish way obtaining a rather compact texture, add the rye flour gradually to the boiling mixture, stir until thoroughly blended, and allow to cool. When made according to the Minnesota variation, adding the rye flour to the yeast mixture, the bread is of a lighter texture, yet retains its full flavor and rich, dark color.

NOTE 2. For variety, 2 cups PILLSBURY'S WHOLE WHEAT Flour may be substituted for 1 cup rye and 1 cup white flour. This makes a bread lighter in color, but equally tempting in flavor.

Bullar

(Swedish Rolls) Makes about 36 rolls.

TEMPERATURE: 425° F.

TIME: about 15 to 20 minutes

Combine in mixing bowl and stir until dissolved

- 1 cup milk, scalded
- ⅓ cup shortening (part butter is desirable)
- 1 teaspoon salt
- ¼ cup sugar

Cool to lukewarm.

Combine; stir until dissolved; add to first mixture when cooled

- 1 cake compressed yeast
- ¼ cup lukewarm water

Add

- 2 eggs, well beaten

Add gradually, mixing well to make smooth dough

- 4¾ cups sifted PILLSBURY'S BEST Flour

Turn out on lightly floured board. Knead about 10 minutes or until dough is smooth and elastic.

Place in greased bowl, cover, and let rise in a warm place (80° to 85° F.) about 2 hours or until doubled in bulk.

Punch down dough. Roll out about ⅛ inch thick. Cut with floured 2¾-inch round biscuit cutter.

Dip knife blade in flour. Using dull edge, crease across each round, a little to one side of center.

Brush smaller section sparingly with melted butter; fold larger section over the smaller one. Place rolls, barely touching each other, in greased pan.

Cover and let rise until double in bulk. Bake in hot oven.

NOTE: If a softer crust is desired, brush rolls with butter after removing from oven.

Lefse

(A pancake-like potato bread) Makes about 6 10-inch rounds.

Lefse is a much loved delicacy among Norwegians from certain provinces of Norway, and a favorite of Scandinavians in Minnesota. To be strictly Norwegian, it should be rolled with a special corrugated rolling pin, that puts an imprint in the dough and prevents bubbling while baking, and baked on top of a range. However, if it is rolled on a canvas cloth with a rolling pin covered with a knitted cloth tube (obtainable in all department and novelty stores) it can be rolled very thin. It should be baked on a griddle or in a heavy iron skillet on top of the stove.

Combine gradually, blending thoroughly

- 2 cups sifted PILLSBURY'S BEST Flour
- 4 tablespoons butter, melted
- 2 cups mashed potatoes
- $\frac{1}{2}$ teaspoon salt

Mix to a smooth dough and roll out to about $\frac{1}{16}$ -inch thickness in circles to fit griddle or skillet to be used.

Bake quickly on both sides in lightly greased griddle or skillet until bubbles formed during baking begin to brown lightly.

For Serving:

1. A favorite way is to butter one sheet of lefse, then cover with another sheet, making a closed sandwich. Roll loosely, and cut into 2- or 3-inch lengths.
2. Each sheet may be folded several times, resembling folded napkins, and laid on platter in a mound.

For storing, lefse should be wrapped in waxed paper or a damp cloth, so it will keep moist.

Danish Pastry

Makes 2 dozen medium pastries.

TEMPERATURE: 425° F.

TIME: about 10 to 15 minutes

Cream together thoroughly

- 3 tablespoons shortening
- $\frac{1}{4}$ cup sugar

Add and mix well

- 1 egg, well beaten
- 1 egg yolk, well beaten
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon lemon extract

Combine and stir until dissolved

- 2 cakes compressed yeast
- $1\frac{1}{2}$ teaspoons sugar
- $\frac{1}{2}$ cup lukewarm water

Add to above shortening mixture.

Add

- $\frac{1}{2}$ cup milk, scalded and cooled to lukewarm

Add gradually, mixing to make a smooth dough

- $3\frac{1}{2}$ cups sifted PILLSBURY'S BEST Flour

Knead dough lightly on floured board until smooth. Place in greased bowl; cover and let rise long enough to increase $\frac{1}{4}$ in bulk (about $\frac{1}{2}$ hour).

Roll out on lightly floured board into rectangle about $\frac{1}{2}$ inch thick.

Soften

- $\frac{3}{4}$ cup butter

Spread about $\frac{1}{2}$ of softened butter over center third of dough; fold one side over to cover butter; spread remaining butter on top; fold over other third of dough to cover this layer of butter. Press edges together.

Roll out again to $\frac{1}{2}$ -inch thickness; fold $\frac{1}{4}$ of dough at each end to center; then fold again, bringing folded edges together. Chill in refrigerator about $\frac{1}{2}$ hour.

Again roll out to $\frac{1}{2}$ -inch thickness. Fold in fourths; chill $\frac{1}{2}$ hour.

Roll out $\frac{1}{2}$ -inch thick; cut into strips; shape as desired into crescents, pinwheels, braided rings, figure eights, etc.

(Continued on next page)

Place on greased baking sheets; let rise until double in bulk; brush tops with

- 1 egg white, unbeaten, mixed with
- 1 tablespoon water

Bake in hot oven.

Raisin Rye Bread

Makes 2 large loaves.

TEMPERATURE: 375° F.

TIME: about 1 hour

Combine, stir until dissolved, and cool to lukewarm

- 2 cups boiling water
- $\frac{1}{4}$ cup sugar
- 1 tablespoon shortening
- 2 teaspoons salt
- $\frac{1}{4}$ cup molasses

Combine and add to above cooled mixture

- 1 cake compressed yeast
- $\frac{1}{4}$ cup lukewarm water

Add

- 1 cup raisins
- $1\frac{1}{2}$ cups sifted PILLSBURY'S
BLENDED RYE Flour
- 6 cups sifted PILLSBURY'S BEST Flour

Stir until smooth. Turn out dough on floured board and knead until dough is smooth and elastic (about 10 minutes).

Place in greased bowl. Brush top with melted shortening. Cover and let rise in warm place (80° to 85° F.) until almost three times its original bulk (about $1\frac{3}{4}$ hours).

Punch down dough; turn out on floured board and divide into two equal portions.

Shape into loaves, place into greased $9 \times 4 \times 2\frac{1}{2}$ -inch bread pans, cover, and let rise until double in bulk (about 45 minutes).

Bake in moderate oven. Brush tops with melted shortening as soon as taken from oven. Do not store until cold.

Lemon Sauce

Combine in saucepan

- 1 tablespoon PILLSBURY'S BEST Flour
- $\frac{1}{2}$ cup sugar

Add gradually, stirring constantly

- 1 cup boiling water

Place over direct heat; bring to a boil.

Add small amount of this hot syrup to

- 1 egg, well beaten
- 3 tablespoons lemon juice

Return to saucepan, cooking gently, stirring constantly until thick and smooth. Cool before serving.

Frukttaka

(Swedish Fruit Cake) Makes 7 lbs.

No Christmas smörgåsbord is complete without fruit cake, and it is a suitable cake to include in a smörgåsbord served at any time of the year. It may be made well in advance of the time for serving, since aging improves its flavor and makes it possible to slice thinner. If used for dessert, the cake may be sliced and served with a favorite sauce such as lemon sauce (see recipe above).

TEMPERATURE: 300° F.

TIME: about 2 hours

Combine

- 7 egg yolks, beaten until light
- 3 cups firmly packed brown sugar
- 2 cups butter, melted
- $\frac{1}{2}$ cup sour milk or buttermilk
- $\frac{1}{2}$ cup molasses

Sift together

- 5 cups sifted PILLSBURY'S BEST Flour
- 1 teaspoon *Double Acting* baking powder OR
- 2 teaspoons *Single Acting* baking powder
- 1 teaspoon soda
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon mace

Add to egg yolk mixture, alternately with dry ingredients, the following combined liquids, mixing well after each addition,

- $\frac{1}{4}$ cup brandy, sherry, gin, or fruit juice
- $\frac{1}{4}$ cup water

Add

- 2 tablespoons grated orange rind
- 1 cup raisins
- 1 cup currants
- 1 cup chopped citron
- $\frac{1}{2}$ cup maraschino cherries, halved
- $\frac{1}{2}$ cup chopped candied orange, lemon, or grapefruit peel
- $\frac{1}{4}$ cup chopped crystallized ginger
- $\frac{1}{4}$ cup chopped glazed pineapple
- $1\frac{1}{2}$ cups chopped nut meats, assorted

Fold in carefully

- 7 egg whites, beaten stiff but not dry

Turn into well-greased, heavily lined 6x3 $\frac{1}{4}$ x2 $\frac{1}{2}$ -inch loaf pans.

Bake in slow oven until done.

Top of cakes may be decorated with strips of citron, fruit peel, cherry halves, and nut meats.

Walnut Pound Cake

Makes 9x4x3-inch loaf.

TEMPERATURE: 350° F.

TIME: about 1 hour, 10 minutes

Cream thoroughly

- $\frac{1}{2}$ cup shortening

Add gradually, and beat until light and fluffy

- 1 cup sugar

Add and beat vigorously

- 2 egg yolks, beaten until thick

Add

- 1 cup finely chopped walnut meats

Sift together

- 2 $\frac{1}{4}$ cups sifted PILLSBURY'S BEST Flour
- 2 $\frac{1}{4}$ teaspoons *Double Acting* baking powder OR
- 3 $\frac{1}{4}$ teaspoons *Single Acting* baking powder
- $\frac{1}{2}$ teaspoon salt

Add to creamed mixture, alternately with

- $\frac{3}{4}$ cup milk
- 1 teaspoon vanilla

Mix well after each addition. Beat well after last addition only.

Fold in carefully but thoroughly

- 2 egg whites, beaten stiff but not dry

Turn into well-greased, lined, loaf pan. Bake in a moderate oven. When cold, serve in thin slices.

NOTE: This cake may also be made with Pillsbury's SNO SHEEN Cake Flour in the following proportions: Use:

- 2 $\frac{1}{2}$ cups sifted PILLSBURY'S SNO SHEEN Cake Flour

- 2 $\frac{1}{2}$ teaspoons *Double Acting* baking powder OR
- 3 $\frac{1}{2}$ teaspoons *Single Acting* baking powder

This batter should be beaten well after each addition.

Angel Food Cake

Makes 10-inch tube cake.

TEMPERATURE: 275° F. for 30 minutes
then 325° F. for about 30 to 35 minutes

Sift together twice

- 1 cup sifted PILLSBURY'S SNO SHEEN Cake Flour*
- $\frac{2}{3}$ cup sifted sugar

Beat together until foamy

- 1 $\frac{1}{4}$ cups egg whites
- $\frac{1}{4}$ teaspoon salt

Sprinkle over top

- 1 teaspoon cream of tartar

Continue beating until stiff but not dry.

Sprinkle over top, and fold in gently, a very small amount at a time

- $\frac{2}{3}$ cup sifted sugar

Continue until all sugar has been added.

Add and fold in thoroughly

- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon almond extract

Sift in flour-and-sugar mixture, a small amount at a time. Fold in carefully but thoroughly.

Turn into ungreased tube or Angel Food Cake pan and bake in slow oven for 30 minutes. Increase heat slightly and bake until the impression of a finger doesn't leave a dent.

Invert pan as soon as taken from oven, allowing space under it for air to circulate. Do not remove from pan until cold.

*If cake tends to shrink, or has small volume, use 2 to 4 tablespoons additional sifted flour.

Sandbakels

(Swedish Butter Tarts) Makes 7 dozen.

Sandbakels are almost always included among the cookies served in the smörgåsbord. They may be served with or without a filling. Two favorite fillings are given in this recipe. The whipped cream filling is placed in the baked tart shells just before serving. The coconut caramel filling is baked with the tarts.

TEMPERATURE: 450° F.

TIME: about 8 to 10 minutes

Cream thoroughly

2 cups butter

Add gradually, creaming until light

2 cups sugar

Add and beat well

1 egg, unbeaten

1 teaspoon almond extract

Add, a small amount at a time, mixing well after each addition

6 cups sifted PILLSBURY'S BEST Flour

½ teaspoon salt

Press small amount of dough evenly into bottom and sides of shallow 3-inch tart shell or fluted cake pans. (The crispness of the baked product depends upon the thinness of this layer of dough.)

Bake in hot oven until delicately browned. Cool slightly. To remove, turn pans upside down and tap gently, so that cookies will drop out. They should retain the shape of the mold.

Sandbakels may be served plain as a cookie, or when baked, they may be served as a dessert with the following:

Whipped Cream Filling

Makes enough filling for about 2 dozen Sandbakels.

Carefully but thoroughly fold together

½ cup jam

1 cup cream, whipped

Fill baked Sandbakels and serve at once. Sandbakels may be prepared with a baked filling as follows:

Prepare dough and line pans as directed above. *Before baking*, fill with the following:

Cocoanut Caramel Filling

Makes enough filling for about 2 dozen Sandbakels.

Combine and blend thoroughly

¾ cup firmly packed brown sugar

1 cup chopped, blanched almonds

1 cup shredded cocoanut

2 eggs, well beaten

Add and mix thoroughly

2 tablespoons PILLSBURY'S BEST Flour

¼ teaspoon *Double Acting OR Single Acting* baking powder

¼ teaspoon salt

Place a tablespoon of filling in unbaked shells.

Bake as directed for Sandbakels.

Fattigmanskakor

(Swedish Poor Man's Cookies) Makes about 3 dozen.

FRYING TEMPERATURE: 350° F.

TIME: about 1½ minutes

Gradually beat

3 tablespoons sugar

3 tablespoons heavy cream (25%)

Into

3 egg yolks, well beaten

Add and mix well

¼ teaspoon crushed cardamom or

1 teaspoon brandy

Add and mix to a smooth dough, easy to roll

1¼ to 1½ cups sifted PILLSBURY'S BEST Flour

Roll dough about ⅛ inch thick.

Cut in strips about 1½ inches wide. Cut diagonally about 4 inches long. Make 2-inch gash, lengthwise, down center, and slip one end through gash.

Fry in deep fat until delicately browned, about 1½ minutes. Drain on unglazed paper.

Cool and sprinkle with confectioners' sugar, if desired.

Pepparkakor

(Swedish Brown Sugar Cookies) Makes approximately 14 dozen cookies.

TEMPERATURE: 400° F.

TIME: about 8 to 10 minutes

Combine in saucepan

- 1 cup firmly packed brown sugar
- 1 cup light corn syrup
- 1 cup butter

Place over direct heat and cook for about 4 to 5 minutes or until mixture forms a very soft ball in cold water (220° F.). Cool well.

Then add and blend well

- 3 eggs, well beaten
- 4 tablespoons heavy cream

Sift together and add, mixing thoroughly

- 4½ cups sifted PILLSBURY'S BEST Flour
- 2 teaspoons *Double Acting* baking powder *OR*
- 3 teaspoons *Single Acting* baking powder
- 1¼ teaspoons cinnamon
- ¾ teaspoon nutmeg
- ¾ teaspoon cloves

Chill thoroughly, preferably overnight, until dough can be easily handled.

Roll out dough, a small amount at a time, on lightly floured board to about ⅛-inch thickness. Cut with small, fancy-shaped cutter.

Place on greased baking sheets. Sprinkle with sugar.

Bake in hot oven until done. Do not stack or store until cold.

Spritz

(Swedish Butter Cookies) Makes approximately 6 dozen.

TEMPERATURE: 450° F.

TIME: about 8 minutes

Cream together thoroughly

- 1 cup softened butter
- ½ cup sugar

Then add gradually while beating

- 1 egg
- 1 tablespoon sugar
- ¾ teaspoon salt
- ¾ teaspoon almond extract (lemon or rum may be substituted)

Then add and mix thoroughly

- 2½ cups sifted PILLSBURY'S BEST Flour

Place dough in pastry tube and press into various sizes and shapes onto greased cookie sheet. Keep cookies quite small and dainty.

Cookies may be decorated with bits of candied cherries and citron if desired.

Bake in hot oven until delicately browned.

Do not stack or store until cold.

Krumb Kaka

(Swedish Cone Cookies) Makes about 4 dozen 5-inch cookies.

These cookies cannot be made without a Korno Krumb Kaka or Wafer Iron. They should be very thin, delicately and evenly browned, and very crisp.

Gradually beat

- 1 cup sugar
- into
- 3 eggs, well beaten

Add

- 1 cup milk
- 1 cup butter, melted

Mix thoroughly and add

- 1 teaspoon vanilla or cardamom

Add and blend thoroughly

- 2 cups sifted PILLSBURY'S BEST Flour

Drop 1 tablespoon mixture at a time on hot wafer iron and close iron at once.

Bake, turning constantly, for about 1½ minutes or until cookie is delicately browned.

Remove cookie from iron, let stand for a few seconds, and with aid of fork, roll cookie into cone.

Cool completely before storing.

Swedish Ginger Snaps

Makes about 25 dozen.

This is a very old recipe, combining many good qualities. It is economical, delightfully spiced, not too rich to be used for a between-meal lunch-cooky for children. It is easily and quickly made and it can be kept almost indefinitely.

TEMPERATURE: 400° F.

TIME: about 5 to 8 minutes

Add gradually, beating constantly

1 cup sugar

to

2 eggs, well beaten

Add

1 cup shortening, melted

2 cups dark molasses

Sift together twice

8 cups sifted **PILLSBURY'S BEST** Flour

2 teaspoons soda

$\frac{1}{2}$ teaspoon salt

2 teaspoons cinnamon

1 teaspoon cloves

1 teaspoon ginger

1 teaspoon nutmeg

$\frac{1}{4}$ teaspoon black pepper

Add to egg mixture, alternately with

$\frac{1}{2}$ cup hot water

Mix well after each addition.

Cover bowl with waxed paper. Place in refrigerator overnight or for several hours.

Break off small pieces of dough. Roll out to $\frac{1}{16}$ -inch thickness on lightly floured board.

Cut with 3-inch cooky cutters of various shapes.

Bake on greased baking sheets in hot oven. Do not stack or store until cold.

Mandelkransar

(Swedish Almond Wreaths) Makes about 5 dozen cookies.

TEMPERATURE: 375° F.

TIME: about 8 to 10 minutes

Gradually add

$\frac{1}{2}$ cup sugar

to

1 egg, well beaten

Mix thoroughly, and add

$\frac{1}{2}$ cup butter, softened

1 teaspoon almond extract

Sift together

$1\frac{1}{2}$ cups sifted **PILLSBURY'S BEST** Flour

$1\frac{1}{2}$ teaspoons *Double Acting* baking powder OR

2 teaspoons *Single Acting* baking powder

Add to egg mixture, a small amount at a time, blending thoroughly after each addition.

Cover bowl with waxed paper and place in refrigerator until thoroughly chilled.

Roll out a small amount of dough at a time to about $\frac{1}{16}$ -inch thickness, on lightly floured board.

Cut with a $2\frac{1}{2}$ -inch floured doughnut cutter, making small circles or wreaths.

Bake on greased cooky sheets in moderate oven until delicately browned. Do not stack or store until cold.

Kaffe

(Coffee, Swedish Way) Makes 6 cups.

Measure into coffee pot

3 measuring cups cold water

Bring to a full boil.

Combine

7 tablespoons coffee

$\frac{1}{2}$ beaten egg

Add to boiling water, stirring constantly.

Bring to full boil. Remove from heat and let steep 3 to 5 minutes.

Pour off of grounds and serve hot.

If a larger amount of coffee is to be served, the egg and coffee mixture may be packed into cheesecloth bags, tied securely, and placed in the boiling water.

For every 12 cups coffee desired, use

$6\frac{1}{2}$ measuring cups water

14 tablespoons coffee

1 beaten egg

Boil from 10 to 15 minutes.

Remove bag of coffee grounds at once and serve.

Helps in Planning and Serving the Smörgåsbord

● Silver, napkins, plates, and cups for coffee should be laid out on the buffet or side table for guests to help themselves. Some hostesses prefer setting card tables with linen, silver, cups and saucers, cream, and sugar so that guests get only their plates and food in the dining room, returning to their places at the tables to eat.

The dining room table, extended to its fullest capacity, is usually used for placing the dishes of the smörgåsbord. It may have a colorful centerpiece of flowers or fruit, if there is room for it on the table. One of the guests may be pressed into service for serving the fruit soup into cups stacked about a large tureen placed at the head of the table.

The cookies and cake and other desserts may be arranged on a side table, as the guests usually return to the dining room for them after they have had the heavier main-course dishes.

Someone should be responsible for keeping coffee cups filled during the entire meal.

Smörgåsbord Variations

Below are listed three typical smörgåsbord menus. These should not be considered as hard-and-fast rules, but rather as outlines and suggestions, capable of great variation. For a smörgåsbord should reflect the hostess' individual taste, and she may include special dishes which she prepares unusually well.

Potatoes are frequently included in the smörgåsbord, served au gratin, escalloped, or in salad with radishes, cucumbers, diced celery, hard cooked eggs, etc.

Cheese in many varieties is a necessary part of every smörgåsbord; goat's cheese is always included, if it can be secured, and makes a pleasing contrast to the lighter cheeses because of its rich, dark color; Swiss, Roquefort, Camembert, and domestic varieties of cheese of milder flavors are also popular.

Several different kinds of meat and fish are always included in the smörgåsbord and may be selected from the following: anchovies, sardines, caviar; pickled and smoked herring (this is a great Swedish favorite and should be included in every smörgåsbord in some form), salmon, and tongue; pickled pig's feet; pressed meats and varieties of sausages; mutton roll; sliced cold roast veal, beef, lamb, chicken, or baked ham.

Added varieties of bread and rolls may also be included in the smörgåsbord: hardtack or knäckebröd, dark breads of different kinds, sweet rolls, etc.

Any number of varieties of pickles, jellies, and jams make an interesting smörgåsbord table; also olives, etc.

Plenty of hard eggs, sour beets, parsley, and lettuce leaves should be on hand to use for garnishing the dishes of the smörgåsbord.

In the following suggested menus for model smörgåsbords, all dishes for which there are recipes in the preceding pages appear along the left margin; other suggestions are indented to the right.

Model Smörgåsbord — I.

● One hostess, with the aid of one maid or a member of her family, can prepare and serve the following suggested smörgåsbord in her home for 12 to 25 guests:

The fruit soup, veal loaf, salads, breads, cookies, and cake may be prepared during the week preceding the smörgåsbord; and all other dishes should be planned carefully and as much work as possible done toward their preparation the day preceding.

Menu for Model Smörgåsbord — I.

Fruit soup	Herring salad
Anchovies	Vegetable salad or vegetable mold
Smoked salmon or tongue	Fruit salad mold with dressing
Pickled herring	Coffee bread or nut bread
Pickles or olives	Christmas rye bread
Stuffed or deviled eggs with tomatoes	Hardtack (knäckebröd)
Meat balls	Jellies and jams
Veal loaf or head cheese	3 to 4 kinds of cookies—sandbakels or pepparkakor, fattigmanskakor or spritz
Sliced cold baked ham, roast beef, veal, chicken, lamb or mutton roll	Fruit cake
Potato sausage	Coffee
2 or 3 varieties of cheese	Plenty of butter, rich cream, and loaf sugar
Brown beans	
Christmas pudding (rice)	

Model Smörgåsbord — II.

● A group of hostesses will find it easy to plan and prepare the following smörgåsbord for a large number of guests by dividing the dishes each one is to prepare. It may be given in a home with a large dining room, in a hall, or possibly in a church.

Each recipe should be multiplied as many times as is indicated to serve 100 guests. If more are expected, the recipes may be increased accordingly. In making these suggestions, it has been kept in mind also that every guest will not want — or have the capacity for — a helping of everything served.

Menu for Model Smörgåsbord—II.

Fruit soup (multiply recipe 4 times)

Anchovies

Sardines

Smoked salmon or herring

Pickled herring or pig's feet

Pickles or olives

Stuffed or deviled eggs with or without tomatoes

Meat balls (5 times)

Veal loaf (3 times)

Head cheese (3 times)

Salmon loaf or salmon mold (3 times)

Sliced cold baked ham, roast beef, chicken, lamb or mutton roll (2 or 3 may be served if desired)

Potato sausage (3 times)

Lutfisk (3 times)

Lutfisk may be omitted unless the smörgåsbord is being served during the Christmas holidays when it should certainly be included.

3 to 5 kinds of cheese

Brown beans (4 times)

Christmas pudding (rice) (4 times)

Herring salad (2 times)

Vegetable salad or vegetable mold (3 times)

Fruit salad mold (4 times)

Coffee bread (2 times)

Nut bread (2 times)

Christmas rye bread (limpa) (2 times)

Rolls (3 times)

Other breads and rolls, hardtack (knäckebröd)

Jellies and jams

Several kinds of cookies—sandbakels, pepparkakor, spritz, krumb kaka and fattigmanskakor

Fruit cake — always included in a holiday smörgåsbord

Cream pudding or crumb cake dessert (4 times)

Coffee

Plenty of butter, rich cream, and loaf sugar

NOTE: A recipe may be doubled for twice the amount originally planned. If more than twice the amount is required, it is wise to make another batch rather than mix three or four times the recipe in one operation.

Model Smörgåsbord—III.

(Warm-Weather Smörgåsbord)

● This is a simple smörgåsbord that one hostess will find easy to serve. Instead of the heavier meat and vegetable dishes preferred during the holiday season and cold weather, lighter fish, fruit, and vegetable recipes are substituted.

In addition to being an excellent basis for a warm-weather smörgåsbord, this is an outline for the hostess who wants to entertain family groups or a circle of friends at a simpler, more intimate type of smörgåsbord.

A word of explanation should be given about the angel food cake recipe which is presented here:

While angel food cake is not a Swedish dessert, in that it is not served in the old country, nevertheless Swedish people in America have been quick to adopt it for the smörgåsbord. This is because angel food cake fits the Scandinavian ideal of a cake that is not over-sweet, one that makes a good accompaniment for the fruit molds and puddings of the smörgåsbord.

Menu for Model Smörgåsbord — III.

Fruit Soup	Fruit salad with seasonal fruits or fruit salad mold or both
Anchovies	
Pickles or olives	
Fish mousse with sauce	Nut bread
Sliced cold ham, boiled or baked	Rye bread
Two or three varieties of cheese	Hardtack
Rice Pudding (Julgröt is delightful served cold) or	Cookies, two or three varieties
Fish pudding, served hot	Angel food cake
Vegetable salad with fresh seasonal vegetables or vegetable mold	Coffee
	Plenty of butter, rich cream, and loaf sugar

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